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The Valley Star

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VALLEY STAR MAY 22, 2018

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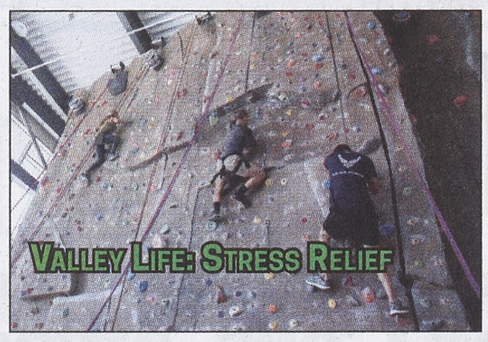
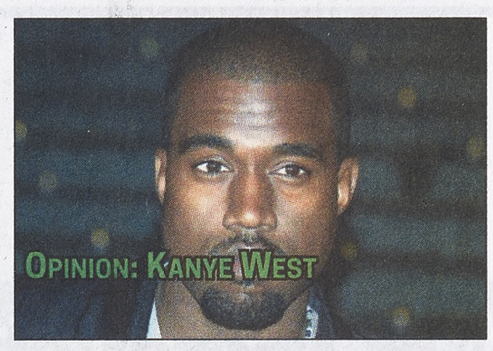




L.A. Promise offers one year free tuition

LAUSD grads have a year's college tuition paid for by the the L.A. Promise Fund.

PAUL ORLEANS
STAFF WRITER

The L.A. Promise Fund is only in its second semester but is already making a difference for students across the Los Angeles Community College District by providing first year High School graduates with free tuition.

It is a no brainer for LAUSD graduates that are planning on staying in the Valley and attending a community college.

The Valley promise aims to raise the number of community college graduates by providing different avenues to achieve a certificate, a degree, or help new students transfer to a four-year university.

"The goal of this program is to put students on the right track,"

- Cynthia Lopez

"We provide support services, workshops, activities and other tools that help these new students ease their transition into and through college," said Cynthia Lopez, the first year experience coordinator for the L.A. Promise at Valley, "and the goal of this program is to put students on the right track."

Besides providing tuition to new community college students, the Promise Fund also provides free Transfer and Career workshops as well as success and study workshops. The Promise includes a Summer Bridge Program for students who tested into lower math and english courses and want to improve over the summer. Special campus events are also held for students in the program.

There are specific criteria that need to be completed in order to be granted the years worth of free tuition. Applying and qualifying for the L.A. Promise is a simple process and requires almost no more work than registering for classes. New student applicants also need to take a math and english assessment test.

Then students complete the online student orientation and see a counselor. Next is applying for either FAFSA, The California College Promise Grant, or the California Dream Act.

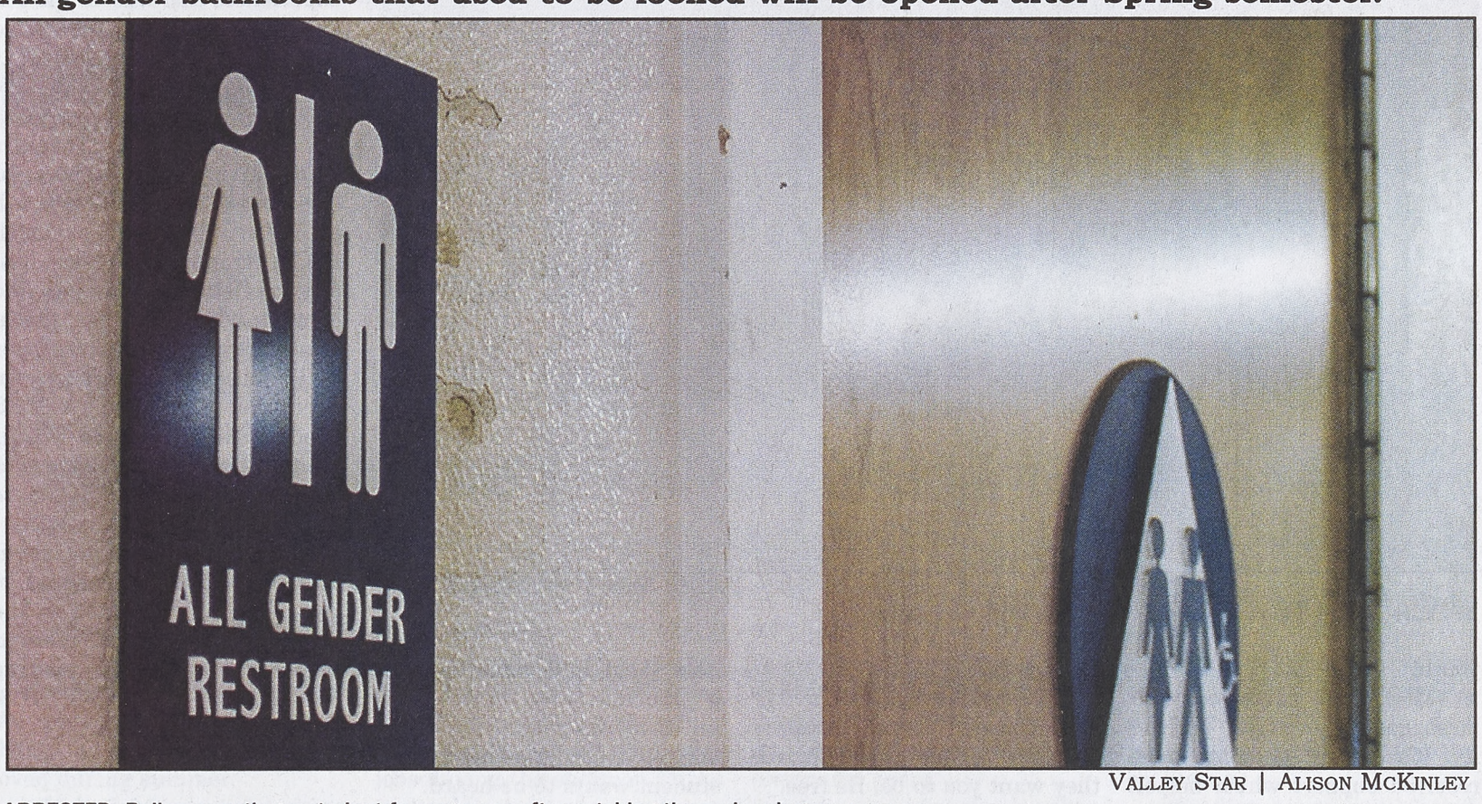
Once the prerequisites are met, the student is required to be enrolled full-time, take both Math and English classes and keep current academic progress reports from each professor.

For questions regarding the L.A. Promise, applicants can go to the Student Services Center, or room 130 in the Administration Building. Interested students should not be afraid to head in to speak with someone. The Office of Student Outreach & Recruitment can also be contacted at chmielfa@lavc.edu or call (818) 947-7218 for information.

The deadline for application submission is July 1, 2018 for fall priority class registration.

All-gender bathrooms passes

All-gender bathrooms that used to be locked will be opened after Spring semester.



VALLEY STAR | ALISON MCKINLEY

ARRESTED- Police arresting a student for vagrancy after catching them sleeping on campus.

SAVANNAH SIMMONS
STAFF WRITER

All-gender bathrooms will now be unlocked in buildings on campus thanks to a motion that passed in a 12-0 vote.

A debate over motion SP18-04 regarding all-gender bathrooms passed May 1, after students, staff and faculty all shared their thoughts on the matter. In the past, the all-gender bathrooms have remained locked and were only available to faculty and staff with the appropriate key but after the Spring semester the locks will be changed and at least one all-gender bathroom in each building will stay unlocked for anyone to use.

"I decided that it was in the best interest of the entire college community to open at least one all-gender restroom in each building," explained Valley's President, Dr. Erika Endrijonas, in an email sent to staff.

The motion was developed and approved by the Work Environment Committee then passed by the Institution Effectiveness Committee. For all motions, the final say lies in the hands of Endrijonas who decided that this was a motion she was in favor of despite the naysayers she faced.

This motion also requests for the location of each all-gender restroom, locked or unlocked, to be indicated on a map so one will be created and posted on lavc.edu when all work is finished.

With times quickly changing, it is extremely necessary to have these bathrooms available for anyone who would like or need to use them and Valley's step in progression is commendable.

"I appreciate the conversations that have taken place over the last couple of months about this important issue on our campus." wrote Endrijonas.

IMPORTANT DATES

May 28, 2018

Campus closed for Memorial day.

May 29 - June 4

Final examinations for the Spring 2018 classes.

ON CAMPUS

May 23

Students will have the opportunity to ask a UCLA Admissions Representative questions about the admissions process in a one-on-one meeting in the Career/Transfer Center from 9 a.m. to 3 p.m.

A TAP Transfer Luncheon will honor transfer students who are admitted to four year universities in Monarch Hall from 12:30 p.m. to 3 p.m.

These features and more can be found in full @ www.thevalleystar.com

DAY CLASSES

Day and Date Of Final Exam	MONDAY JUNE 4			TUESDAY MAY 29		
Time of Exam	6:30am - 8:30am	9:30am - 11:30am	12:30pm - 2:30pm	6:30am - 8:30am	9:30am - 11:30am	12:30pm - 2:30pm
Normal Class Schedule	6:30 – 7:55 MW 6:45 – 7:55 MTWTh	9:40 – 10:50 MTWTh 9:40 – 11:05 MW 9:40 – 10:55 MWF 9:40 – 12:10 MW	1:00 – 2:10 MTWTh 1:00 – 2:25 MW 1:00 – 2:15 MWTh 1:00 – 3:30 MW	6:30 – 7:55 TTh	9:40 – 11:05 TTh 9:40 – 10:55 TThF 9:40 – 12:10 TTh	1:00 – 2:25 TTh 1:00 – 2:15 TThF 1:00 – 3:30 TTh

Day and Date Of Final Exam	WEDNESDAY MAY 30			THURSDAY MAY 31		
Time of Exam	8:00am - 10:00am	10:30am - 12:30pm	1:00pm - 3:00pm	8:00am - 10:00am	10:30am - 12:30pm	1:00pm - 3:00pm
Normal Class Schedule	8:15 – 9:25 MTWTh 8:00 – 9:25 MW 8:00 – 9:15 MWF 8:00 – 10:30 MW	11:20 – 12:30 MTWTh 11:20 – 12:45 MW 11:20 – 12:35 MWF 11:20 – 1:50 MW	2:20 – 3:30 MTWTh 2:40 – 4:05 MW	8:00 – 9:25 TTh 8:00 – 9:15 TThF 8:00 – 10:30 TTh	11:20 – 12:45 TTh 11:20 – 12:35 TThF 11:20 – 1:50 TTh	1:45 – 3:10 TTh 1:45 – 3:00 TThF

EVENING CLASSES

CLASSES MEETING AT 3 PM OR BEFORE 5 PM			CLASSES MEETING AT 5 PM OR BEFORE 6 PM			CLASSES MEETING AT OR AFTER 6 PM		
Class Meets	Exam Date	Time	Class Meets	Exam Date	Time	Class Meets	Exam Date	Time
M	M Jun 4	4 – 6pm	M	M Jun 4	4:30 – 6:30pm	M	M Jun 4	7 – 9pm
T	T May 29	4 – 6pm	T	T May 29	4:30 – 6:30pm	T	T May 29	7 – 9pm
W	W May 30	4 – 6pm	W	W May 30	4:30 – 6:30pm	W	W May 30	7 – 9pm
Th	Th May 31	4 – 6pm	Th	Th May 31	4:30 – 6:30pm	Th	Th May 31	7 – 9pm
MW	M June 4	4 – 6pm	MW	W May 30	4:30 – 6:30pm	MW	M Jun 4	7 – 9pm
TTh	T May 29	4 – 6pm	TTh	Th May 31	4:30 – 6:30pm	TTh	T May 29	7 – 9pm

Art installation for Foster Care Awareness

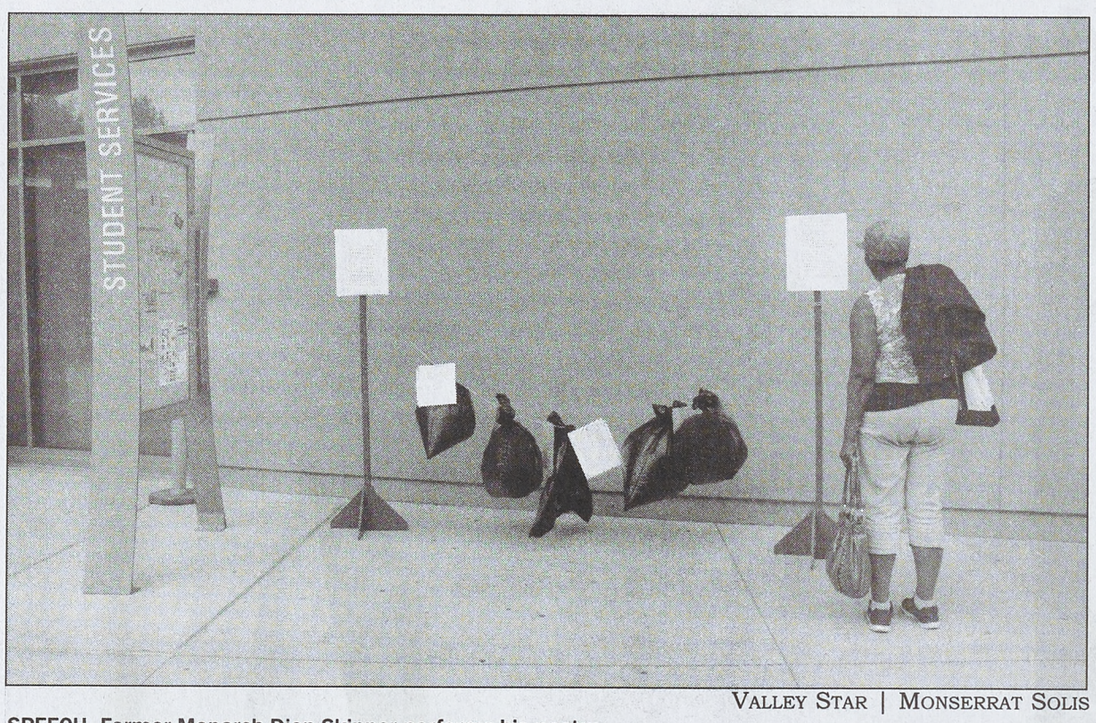
Valley College foster youth students express their voices about their life experiences through poems and art.

MONSERRAT SOLIS
STAFF WRITER

With around 400 current and former foster youth on campus, Valley College showcases an art installation with honest narratives in front of the Student Services Building.

Black trash bags with blue notes attached tell the stories of Valley students who have struggled in the foster system, stories of being punished or feeling hopeless. The bags represent part of the foster youth experience, constantly moving between homes, packing their belongings into trash bags.

"Imagine having 15 mins to pack your clothes ... and the rest of your life to navigate on your own; no parent, no support system, no family, just yourself," said one note by Alexis Obinna.



VALLEY STAR | MONSERRAT SOLIS
SPEECH- Former Monarch Dion Skinner performs his poetry.

The U.S. Department of Health and Human Services reported that there were over 425,000 abused and neglected youth in foster care nationwide in 2015, with Los Angeles County fostering over 33,000 youth.

Most of the cards end with messages of love and positivity. It's evident students have received support which helped them get through their struggles and difficulties with mental illness.

"Peace, love and positivity," read Carmen Renae Basulto's card. "Don't be that statistic they want you to be. Be free."

"If you or someone you know is going through a rough time, help them find ways to make a plan and stick to it," wrote an anonymous student, "every student is different and every student wants to be heard."

The remaining cards told stories along with a poem by Cynthia Carrillo expressing the pain she felt. These stories are meant to share student experiences and inform the college community of the foster youth population on campus.

For anyone who needs support, there is help on campus.

The Guardian Scholars Program provides support for current and former foster youth at Valley. They offer counseling, interactive meet-ups, priority registration, campus and community referrals, educational grants, textbook services and additional support for students that qualify for CAFYES (Cooperating Agencies Foster Youth Educational Support), a program offered by EOPS to provide additional assistance.

More information about this program can be found in the EOPS office located on the second floor in the Student Services Center, by visiting lavc.edu/eops or calling (818) 947-2432.

THE ISSUE

Free Speech

Only 71 percent of former foster care youth will receive a high school diploma by age 19.

Only 10 percent of former foster youth will attend college.

Only 3 percent formeer foster care youth will graduate.

Across the United States 52 percent of foster youth attend schools that rank in the lowest 30 percent.

Facts from Pormises2Kids a California-based non-profit dedicated to foster children.

#MeToo Movement hits the Valley

Ethics Committee investigates Rep. Tony Cardenas after sexual assault allegations surface.

SEBASTIAN MINO-BUCHELI
STAFF WRITER

House Ethic Committee will conduct an investigation into Representative Tony Cardenas' sexual assault allegations case involving a minor and more than 10 years ago. Democratic Leader Nancy Pelosi and other democrats say they will withhold judgment.

"My client is sickened and distraught by these horrific allegations, which are 100 percent, categorically untrue," said Patricia Glaser, an attorney for Cardenas.

In the lawsuit ,reported by the LA Times, a Jane Doe alleges Cardenas had grown close to her and her family before the incident. When she was 16-years-old, Doe was invited by Cardenas to a golf outing at the Hillcrest Country Club, where she claims she was handed an ill tasting glass of water. The teenager collapsed, but did not lose consciousness, after a few of hours of playing golf.

"We ask that his constituents ... withhold jugdement until there has been a full vetting of the facts,"

- Patricia Glaser

She was driven to the emergency by Cardenas. According to the report, during the ride, Cardenas sexually assaulted her by grabbing her breasts, reaching into her skirt and fondling her vagina. Ms. Doe was awake but frozen in fear.

There was also another complaint by the victim who claims she was alone with Cardenas at her father's workplace and after not responding to a joke, she was threatened.

"Remember where your dad works," said Cardenas according to the lawsuit.

In the time of #MeToo, victims are amplifying their voice by resurfacing past allegations, not just against hollywood producers, but also against elected political figures. Past allegations brought down Al Franken, a favorite amongst Democrats, and doomed the Alabama senate race for Roy Moore.

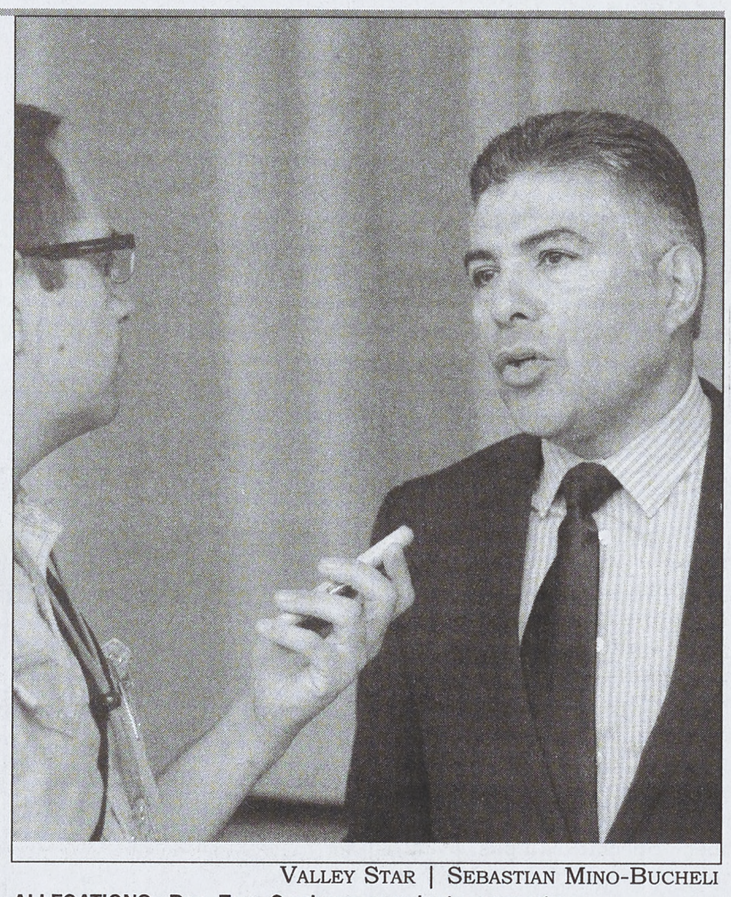
In an article by the Washington Post, two House Democratic aides have confirmed that Cárdenas has been contacting colleagues about the lawsuit asserting his innocence.

"We ask that his constituents, the public generally, and his congressional colleagues do the right thing and appropriately withhold judgment until there has been a full vetting of the facts," said Glaser in a statement. "The congressman expects complete exoneration, as he is 100 percent innocent."

THE ISSUE

Sexual Harrassment

More than eight politicians have been accused of sexual misconduct nationwide in 2017.



VALLEY STAR | SEBASTIAN MINO-BUCHELI
ALLEGATIONS - Rep. Tony Cardenas speaks to a reporter

VALLEY STAR | APET SUKIASYAN
GRADUATION - MONARCHS SWITCH TASSLES

Commencement Day approaches for 2018 Graduates

Commencement Day finally draws near for students graduating in 2018.

KATHLEEN ZAMORA
ONLINE EDITOR

Students who have worked hard towards reaching their goals of transferring to a four-year university or receiving a degree will get their time of celebration on Commencement Day.

Graduates are expected to gather at the Monarch Hall at 7:30 a.m. on June 5 for rehearsal and the processional. Commencement will begin approximately at 9:00 a.m. and will end at 10:30 a.m. All participating graduates must wear a black cap and gown which are available for purchase of $35 (plus tax) from the Valley College Bookstore.

The ceremony does not require guests to have tickets to enter the stadium stands, therefore graduates may invite as many family members and friends as they would like. Graduates are also encouraged to invite any professors or staff members they feel have aided them in achieving their goals.

"I feel blessed and privileged to be graduating," said Robert Jacome, an Art History major. "LAVC is a great stepping stone to four-year universities."

Optionally, graduates may purchase a college ring from academicapparel.com. On May 22 and 31, a representative will be on campus from 11:00 a.m. to 1:00 p.m. to assist and further explain the process of ordering a ring to students.

Remember that guests are not allowed to take photos or videotape the graduates while on the stadium field, but can do so from the stadium stands

However, after the ceremony there will be two photo stations in the parking lot west of the stadium, an excellent time and place to take pictures with family, faculty and friends.

Spring graduates will receive their diplomas approximately in October, after the start of the Fall semester.

Democrats fight for net neutrality

Democratic senators maintain the fight for net neutrality's future.

ERICK LOPEZ
STAFF WRITER

As the fate of net neutrality remains uncertain, Democratic senators in the United States have proposed and fought against the repeal of the policy.

"ISPs must not be allowed to decide who can access what websites and applications,"

- Scott Wiener

A policy implemented during Barack Obama's presidency, its purpose is to impose limits on internet service providers from treating all content on the internet differently from one another. Ajit Pai, chairman of the Federal Communications Commission, voted on the repeal of net neutrality, along with other members of the F.C.C. board on Dec. 14 of last year. Without this policy, ISPs can charge extra for faster speeds and apply separate monthly packages for services.

"Want to access Facebook and Twitter? Under a bundling system, getting on those sites could require paying for a premium social media package," according to New York Times writer, Keith Collins.

Many groups across the United States shared their discontent of the decision against net neutrality. New York Attorney General Eric Schneiderman, at least 20 states - including the District of Columbia - and a handful of special interest groups have filed a lawsuit against the FCC. In a press release by Schneiderman, he believes that the ruling the FCC, has put regarding net neutrality is "arbitrary" and an "abuse of discretion."

One senator from California, Scott Wiener, proposed a bill that will preserve and establish net neutrality policies in California. Known as SB 822, this bill aims to make sure that all California residents have equal access to the internet, regardless of federal oversight. This bill has seen large support from other senators in California and support groups.

"Internet service providers play a key role in allowing people to access the internet, but ISPs must not be allowed to decide who can access what websites or applications," Wiener explains. "Without net neutrality, ISPs have the power to manipulate which business, media, nonprofit or political websites are accessible and by whom."

Recently, this bill passed the California state senate vote, but still has a long road ahead before becoming a law. Since then, other states such as New York has introduced a similar bill in their states legislature. Washington and Oregon became the first states to apply the net neutrality policy into their respective state legislatures in an attempt to counter the FCC ruling.

The net neutrality rules are set to expire on June 11. Only time will tell if a push from the senate will be enough.

VALLEY LIFE

Summer break job options for students

Students can still earn the money they need to get by this summer.

PAUL ORLEANS
STAFF WRITER

Summer is the perfect time for a college student with some free-time to earn a few extra dollars, on and off campus.

There's a variety of jobs for college students to earn the cash they need to get by or help earn money towards their tuition. Some school departments stay open during the summer and need student workers, whether it be the at library or the Student Information Desk. If work isn't the main focus for summer, there are other ways to earn money at your leisure.

"From Apr. to July 2017, the number of employed 16 -24 years-olds increased by 1.9 million to 20.9 million," according to the Bureau of Labor Statistics. "In 2017, 54.8 percent of young people were employed in July."

Driving for Uber or Lyft, both ride-sharing services, allow drivers to work when its convenient. Working at a comfortable pace can sometimes be better for students' schedule even during summer.

THE ISSUE

Summer Job

Uber, Lyft, Indeed.com, Monster.com, school jobs, and amusement parks are just some ideas for students to consider for summer jobs.

If students are not looking to leave home, swagbucks.com allows users to make up to $35 per survey they take. There is even a mobile app that was launched by Indeed.com, a current popular job search engine. The app also has an option to earn points that can be spent on Amazon.com by taking pictures of "Help Wanted" signs, as well as the storefronts that are hiring.

Monster.com does a good job of breaking down top targeted industries for summer jobs. For those who don't mind getting dirty and working hard, a job in construction or other manual labor jobs are viable options--especially for landscaping where these is an increase in demand over the summer season.

If your looking for a job that could be fun while your on the clock, amusement parks are a great choice that offer seasonal jobs during the summer. Parks and public swimming pools are also great outdoor jobs that allow you to enjoy the summer weather while making money. Summer camps also hire camp counselors, activity directors and general employees to watch over camp goers.

WE'RE HIRING!
The Office of Outreach & Recruitment and Financial Aid are hiring Student Workers
LA VC
Los Angeles Valley College
For more information or to submit your resume, please email Frances Chmielewska at chmielfa@lavc.edu
MUST be a full-time student (12 units) at LAVC to qualify
FIRE

VALLEY STAR | ALISON MCKINLEY
EMPLOYMENT - Many places still have job openings for the summer including Valley College

Job searching is the first step, next is preparing for the interview. Brush up on your interview skills by: asking someone for a mock interview, keeping resumes up to date and being punctual to any interview.

Finding a summer job can be difficult at times, especially if late on starting to look for an open position. Make sure you start your job hunting before the end of the spring semester.

NetTutor offers variety for students online

Free online tutoring available through the student canvas can help students work through finals with expert tutors.

ILLUSTRATION | CURTESEY NETTUTOR
ON-LINE- Students now have a new option for tutoring with NetTutor which is available through Canvas .

KARINA GUTIERREZ
STAFF WRITER

As finals are approaching students can look to NetTutor, an online tutoring team that is offered through canvas.

Created in 1996 by a team of math professors, NetTutor is comprised of teachers and tutors who display an interest in helping college students succeed.

"If I would have known about this sooner I would have passed my last semester"

- Chelsea Oats

"It's actually a good idea that they have this through canvas because it is very convenient for us college students," said Jocelyn Ibarra a student at Valley College.

They offer tutoring for more than 20 subjects. A few of them being administration of justice, nursing, biology, geology, business, chemistry, english as a second language, psychology and math.

All tutors are equipped with the knowledge to teach the student as they all have a four-year degree from an accredited university. In order to show that they are qualified each tutor must take a rigorous exam in their subject of interest.

At NetTutor, they approach students using the Socratic Method, believing that tutors guide the students through problems or concepts, but never presenting the answer.

Given the time tutors are giving to students, there is a price to pay. For live tutoring, students get to choose from five different prices. For one hour the cost is $32.99, two hours is $59.99, three hours is $84.99, five hours is $134.99, and ten hours is $249.99.

Besides live tutoring, students can also ask a question by submitting it on the NetTutor Question and Answer Center or use the NetTutor Paper Center to submit a paper for review.

"I've never heard of this before but it is something that the professors should mention to us because it can help us in passing the class," said Chelsea Oats. "If I would of known about this sooner I would of passed my math class last semester."

As the semester is coming to an end, students should take advantage of NetTutor and if they aren't able to, they'll have an opportunity to try it out next semester.

The website promises that tutors will have patience and empathy to help students succeed. To see the list of subjects or for more information students can go on the website to nettutor.com.

Psych Services hosts body-image group

Body image helps build confidence in students on campus.

MONSERRAT SOLIS
STAFF WRITER

In a dimly lit room in the Humanities building, counselors eagerly waited for students to start body image group aimed to practice body acceptance.

Valley College hosts body image groups every Wednesdays from 2p.m. to 3p.m. The program helps students make peace with food, and improve self-esteem through group exercises and meditation sessions. The sessions is led by two doctoral candidate interns at the health center, Supatra Tovar, and Bahar Moheban. A large portion of their program is dedicated to help students deal with body image.

"We focus on mindful eating and being in the present, we don't force diet culture," Tovar said.

The gatherings are meant for all students and is composed of an intimate group so students feel comfortable expressing themselves. Tovar and Bahar are open about their journey as well, which they hope helps students open up. They also help run meditation groups, therapy process issues around body image, societal issues, family problems, and issues with food through the Student Health Center.

Nationaleatingdisorders.org defines body image as how someone sees himself or herself when they look in the mirror. Also stating that people with negative body image have a higher chance of developing an eating disorder, depression, and low self-esteem.

Body image issues have been a serious problem growing within women and men all over the world. Its no surprise Valley counselors have began a program to take this issue on. And start rebuilding students' self-confidence.

Students who have paid their $11 health fee are entitled to 12 free sessions of therapy for anxiety, depression, school stress, or any other concern per semester. The sessions are 45-one hour long.

If students are interested in learning more about this program visit the Student Health Center or call (818) 778-5708. The meetings are held in the Humanities building, room 107. All students are welcome.

VALLEY STAR | ALISON MCKINLEY
BODY-IMAGE GROUP- Bahar Moheban and Supatra Tovar patiently wait for students in Humanities 107.

VALLEY LIFE

Drive for cash this summer

Students can earn money by driving others around with Uber or Lyft.

GABRIEL ARIZON
STAFF WRITER

Students with a car and driving experience can make some extra cash driving with Uber or Lyft during the summer.

Students that are at least 21 years old with a valid U.S. driver license and a smartphone can make a little additional money on the side, though you need at least a year of driving experience to work for either of them (three years for Uber for those under 23). Drivers will be able to decide their own hours and can earn more if they drive longer distances during peak hours.

Potential drivers need a four-door car that is no older than 15 years. Uber has different vehicle options for riders to choose from, so drivers need to make sure the car they have matches that option. UberLUX, for example, only allows drivers with pristine high-end vehicles to use that option. Those without a car can apply to get one with Uber, either reserving with Hertz or Fair, though they are only available in limited locations like Los Angeles and Orange County. If driving others around isn't your cup of tea, Uber offers an alternative job opportunity in making food deliveries with Uber Eats by any method available: car, bicycle, scooter and even on foot.

THE ISSUE

Student Driver

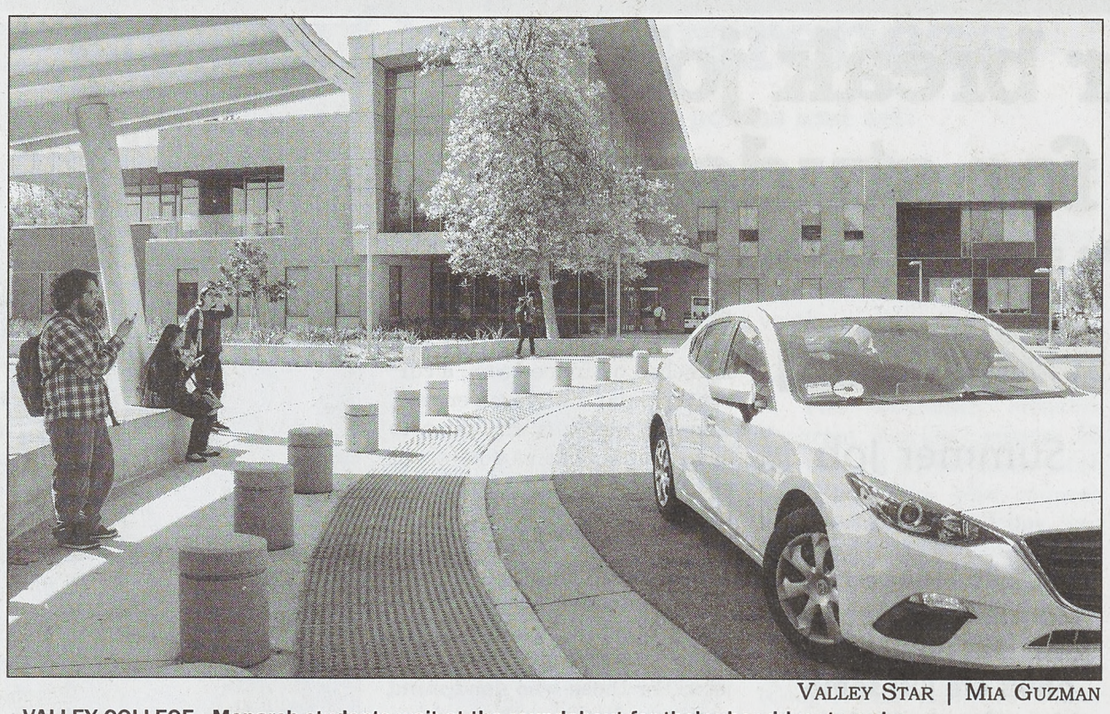
Students can earn cash by driving for Lyft or Uber this summer.

Before anyone can work with either company, Uber and Lyft have applicants go through a background check, a driving record check, and a vehicle check. If an applicant has been convicted a crime such as a DUI or a sexual offense, then it's likely that the application will be denied.

All drivers must have valid insurance, though both companies will give additional coverage. The amount of coverage will depend if the app is on and if the driver has been matched with a user. In addition, drivers will need to pay their income tax and self-employment tax to the government, as neither company will list their drivers as employees.

Besides earning some cash, there are also other benefits to Uber and Lyft. Uber will give drivers 15 percent off tires and oil changes at select stores, like AutoZone and Jiffy Lube. Uber will also give you 15-18 percent off your monthly phone bill if you have AT&T, Sprint, or Verizon. Lyft will give their drivers bonuses depending on how much they drive; the requirements to get them are in the app.

For more information or to sign up, visit the Uber or Lyft home pages.



VALLEY STAR | MIA GUZMAN
VALLEY COLLEGE - Monarch students wait at the roundabout for their uber driver to arrive.

Amazon Prime price raise coming soon

Prices are hiking up for annual Prime members as additional items become available for two-day shipping.

SAVANNAH SIMMONS
STAFF WRITER

Annual Amazon Prime members will experience a 20 percent increase on price but not much of an increase in benefits this June.

The annual membership which used to cost $99 is now being raised to $119 per year. This is not very surprising though as their monthly members experienced a similar upsurge earlier in the year and watched their fees jump 18 percent from $10.99 to $12.99. Student monthly fees also went from $5.99 to $6.99.

"People are sensitive to losses and price increases count as losses psychologically," said professor of marketing at Emory University Ryan Hamilton to the Washington Post. "The broader perspective, though, is that people tend to be willing to pay for what they perceive as value."

According to Consumer Intelligence Research Partners, Prime members spend $1,300 per year while non-Prime members spend approximately $700. Prime also hit over 100 million members worldwide according to Jeff Bezos' letter to shareholders.

THE ISSUE

Prices Rise

Prices increase 20 percent, as Amazon raises it's membership fees that includes little added benefits.

"We continue to increase the value of Prime," said Amazon CFO Brian Olsavsky.

The increase of Prime's membership helps increase the benefits they already have to offer but nothing is brand new. More items are becoming available for two-day shipping, same-day shipping and Prime Video.

Now rapid delivery program, and the Prime Day annual sale. Prime Reading, Prime Music, and discounts on Prime Pantry are other benefits included with a membership.

The 20 percent price hike will go into effect May 11 for any new members while existing members will see their prices change June 16.

"We still feel it's the best deal in retail," said Olsavsky.

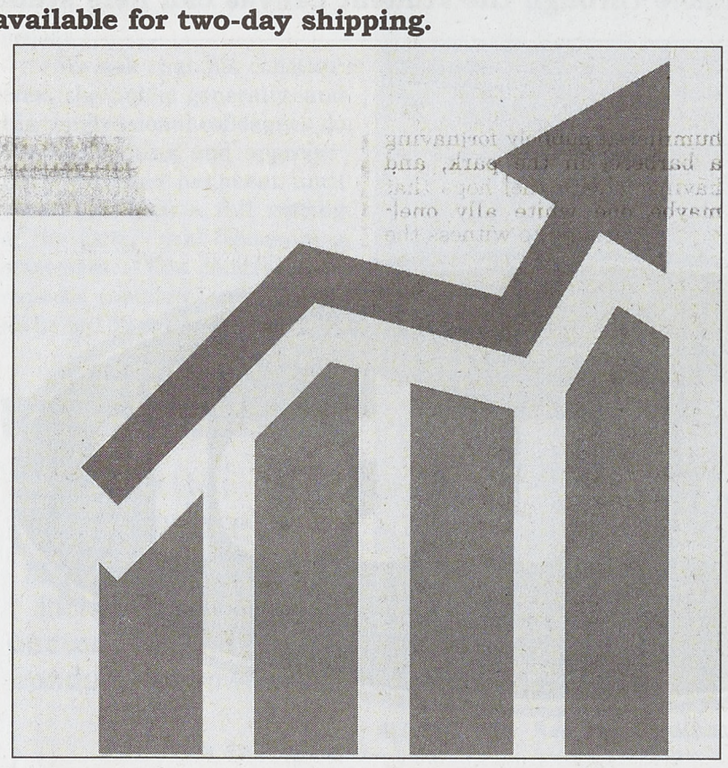
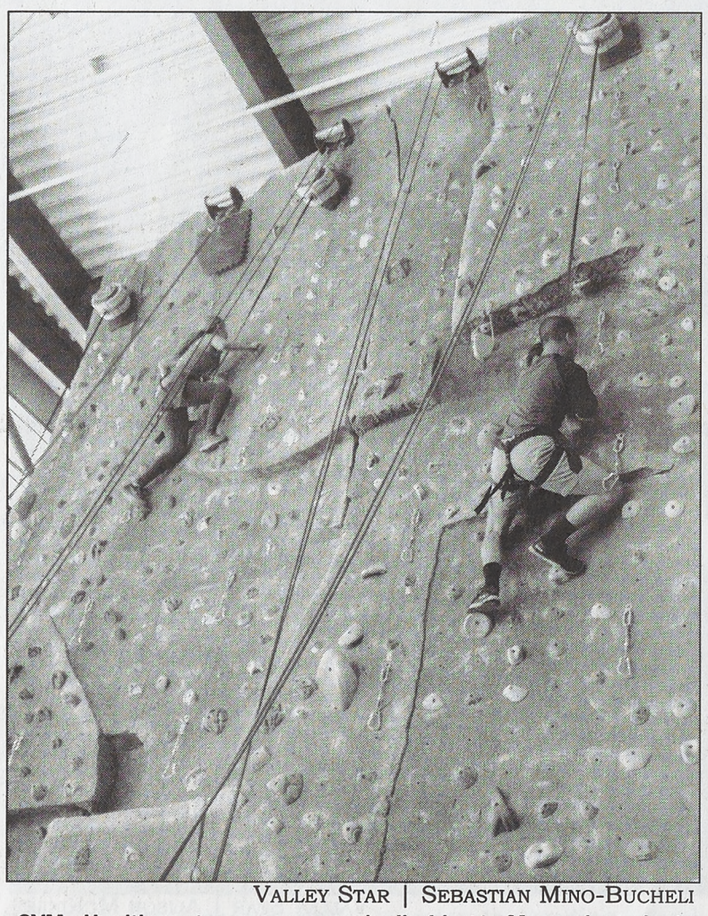


ILLUSTRATION | PIXA-BAY
RISING COST - Amazon plans on raising the cost on Amazon Prime

Valley offers stress management on campus

Valley College's Health Center supports students struggling with stress with resources ready on campus.



VALLEY STAR | SEBASTIAN MINO-BUCHELI
GYM - Health center opens up rock climbing to Monarch students

CESAR MARTINEZ
STAFF WRITER

Valley College's Health Center shares the importance of stress reduction for students and staff with provided workshops.

Whether an overwhelming weight on one's shoulders, a stimulant for another's success or primary role in procrastination, everyone handles stress differently. In an effort to assist students in coping with final exams that are creeping around the corner, the Student Health Center at Valley are offering exercise sessions in alleviating stress for those on campus.

"We have had many people tell us that they want more opportunities to stay fit," said wellness and fitness outreach coordinator, Chelsea Schafer. "These sessions are a way for us to all work out together faculty, students and staff."

The Student Health Center, along with the Psychological Services, has created multiple outlets to relieve tensions through informative workshops and interactive sessions. Events on campus include a Mindfulness/Meditation group held weekdays from 3:00 p.m. to 4:00 p.m., time management seminars and activities such as rock climbing, Tai Chi and gentle aerobics. While the Wellness and Happy Hour program is dedicated towards increasing opportunities for a healthy college, future plans are being considered to expand other health-educational programs on campus.

Exercise has proven to be a common stress relief with various benefits for the individual. Known to improve overall health, increase muscles and reduce chronic disease, exercise is one of the many ways in which people handle their stress.

"Since stress is such a subjective phenomenon that differs for each of us," according to the American Institute of Stress, "there really is no satisfactory definition of stress that all scientists agree on."

Dependent on the individual, stress can affect one's physical, psychological and mental health positively or negatively. Stress can be seen as bad or good, also known as eustress. While some ways to combat stress seem tedious and strict, others use less conventional ways in alleviating the pressures at college.

With finals approaching, Valley promotes the importance of overall health, with academic success surely to follow.

"Sometimes I hold study groups at the bar," candidly stated history major, Collin Wolford. "It switches what would be a chore into a good time, giving the impression of looking forward to studying."

The Valley Star

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OPINION

White people call police on lava flow

Since the Kilauea Volcano erupted, White residents have not been evacuating but calling the police instead.

SEBASTIAN MINO-BUCHELI
STAFF WRITER

As the lava from the Kilauea volcano in Hawaii continues to flow into nearby neighborhoods, white residents have been calling the police for possibly armed with a deadly weapon, home intrusion and vagrancy.

Residents have been urged by Hawaiian County Civil Defense to be prepared to evacuate because it is impossible to stop lava flowing from the volcano. Evacuating a quiet neighborhood doesn't sit well with the white residents that inhabit the big island of Hawaii.

"We get a lot of transients going through to use the orange line,"

- Melvin Young

"My personal space is feeling invaded, the lava might be armed and I'm afraid for my own safety," said a white Resident who wished to remain anonymous. "Frankly, that's illegal in the state of Hawaii and I intend to sue the Volcano for personal damage."

As USA Today reports as a reminder to its readers across the nation; there's no point in using explosives, digging ditches or spraying water to stop lava flow. Lava is not like water or anything portrayed in the movies. There's no clear indication of when the lava will stop flowing, but Hawaiian officials have to plead their white residents to stop calling since there is no actual crime being reported.

"The hotline is meant for real emergencies and tips for a crime that was committed, not for something that may be an inconvenience or because you're afraid," said the Hawaiian Police Department. "It's also a waste of city funds to send a unit to stop lava flowing into the street, let nature run its course."

A credible reason to call the police in this current situation near Kilauea volcano is if there is a real medical emergency. In the meantime, white residents in the affected area should evacuate, assist their neighbors who may require special assistance and avoid low lying areas.

ILLUSTRATION | SEBASTIAN MINO-BUCHELI
LAVA- White residents call the police in response to volcanic lava loitering in local neighborhoods.

Because the current situation is dire, Hawaiian County Civil Defense published a guideline to help teach white residents when to appropriately call the police.

"Lava waiting outside of a Starbucks is not vagrancy, lava flowing into an Airbnb is not home intrusion, and most important of all, all Lava is not armed with a deadly weapon," said the Statement by HCCD, "in the current situation we, Hawaiians, are in, there's a credible fear amongst the callers that live the near the volcano, but there is absolutely no crime being committed at all."

Memorial Day is a day to remember fallen veterans

Memorial Day should be for remembering vets not making a sale.

SOLOMON SMITH
EDITOR-IN-CHIEF

Memorial Day is a deeply personal day for me and for many veterans in the United States, which has quickly become a day for sales instead of memorials.

As a veteran who served in combat, Memorial Day is an important day on my calendar. It is a time for reflection, to remember family and friends who did not come home so that I could.

With so many Americans shaking the hands of random vets and declaring their love for the country and those who served, the treatment of this holiday has become more hollow with commercialization supplanting its purpose. This is not unique for Memorial Day, but is still a bitter pill for many veterans.

Color bunting and television discounts are not what veterans are really looking for on this particular day. Problems with getting medical care to veterans, and a president who believes that someone who was captured is "not a hero" is for me, and many others, a measuring stick of the nation's true feeling on it veterans.

Memorial Day is a day to remember those who have passed in service of their country, plain and simple. This for veterans is a solemn holiday and for many, a reminder of the tragedy of loss. Glen Watkins died in an IED explosion in Iraq on April 6, 2004 in service to his country. He passed away after volunteering to stay another six months to protect the men in A Co. 1/184 Air Assault. He is remembered by those who served with him and miss him.

For veterans, this is what Memorial Day is really about.

POC have no safe spaces

With an abundance of walkouts we need more effort to actually make a change.

SOLOMON SMITH
EDITOR-IN-CHIEF

Americans are surprised about the recent spate of people of color in public spaces being accosted by white law-abiding citizens calling the police on hapless African American citizens for the crime of existing in public.

Starbucks recently had two black men arrested for doing what every person in Starbucks is doing—waiting to meet someone; black graduate students at Yale were harassed by police when a disturbed young white woman called the police on them, in at least two different incidents, according to the Washington Post. [need clarification: did this behavior happen on 2 separate incidents, both at a Starbucks, both to 2 different guys? This paragraph is a bit confusing; needs editing.]

Often for people of color, the go-to threat of their angrier white counterparts is the threat of state sanctioned violence via the police. For a black male or person of color in an isolated environment many have to deal with the fear of being violated by police, and the white people who call the police on them are aware of this.

When a white person threatens to call the police on a person of color for some innocuous behavior they know exactly what they are doing. Many of these police calls begin as arguments with the white caller objecting to the person of color doing something everyone else is doing in a shared space. As a "law-abiding citizen" they call the police and confront the non-white patron. At the end of the day it is more than just a police call and being inconvenienced for minorities, it is a hurtful action that has a deeper, more insidious reasoning behind it. Many white Americans know there is a problem with race and the police in this country and these "citizens" are using that power.

A police call for a person of color often means having to justify their existence. It means being singled out and humiliated publicly for[having a barbece] in the park, and having to[with the] hope that maybe one white ally one[-may] be around to witness the whole event because no one will believe their version of the story[even if it is witnessed by another person of color], as evidenced in a recent article from The Root which posted the full video of the altercation. It means that the assumption of guilt can turn a nap during finals into detainment for 30 minutes. It means that holding a toy gun in an aisle in Walmart makes for a shouted warning that ends in death.

For many POC the police are agents of the state that harry and harass them as they go about their day-to-day business. Demands for identification and explanation, mixed with stereo-type and racism, create pressure on the innocent minority victim to explain themselves. This was also the case[apparent] during the age of slavery when the1850 Fugitive Slave Act, based on the fugitive slave clause in Article Four of the Constitution, allowed "fugitive" slaves to be remanded to their owners. The movie "12 Years A Slave" has the main character abducted using this law. These laws were often used to harass freed blacks who had to explain themselves or be subjected to state sanctioned violence.

Driving while black, napping while black, moving while black, shopping while black, are not crimes but a phone call from an angry white citizen[-made to the police] can make them so.

Perhaps when Trump sup-

CURTESEY ABC DISNEY TELEVISION GROUP
IMAGE - Pictured here, Kylie Jenner is one of the most popular Instagram Model

Instagram provokes body image issue

Social media users sexualize themselves to gain more followers.

JESSICA AVA LANGE
STAFF WRITER

Instagram models base their self-worth on how many followers and likes they receive because brands pay models to post photos of them wearing or using their products.

Kylie Jenner is the most valuable Instagram celebrity. According to Forbes.com Kylie Jenner made approximately $3.6 million from social media endorsements.

Instagram promotes contrived perfection because the more followers the more earning power users can demand from sponsored brands. Instagram models thrive to be paid social media influencers instead of focusing on education or work experience. Sex sells and when women take half-naked or implied nudes they get more likes, but it is important to remember that there are a small few who make a living through Instagram.

Instagram affects people worse than other media such as billboards and magazines, because almost everyone uses apps to smooth out cellulite, shrink waists and wipe away blemishes before posting. It sparks comparison that negatively impacts body image issues, depression, and unhealthy thoughts of diet and exercise. Girls and women are susceptible to feel like their bodies are inadequate compared to people that edit their pictures in order to look perfect.

"It's not just Instagram that is the problem," according to phys.org, a website providing news on science including health and medicine. "It's the social pressures put on young women that have been part of our culture for many years that are now becoming amplified by social media. It's not just beauty magazines, now it's all your friends."

"Instagram is the worst social media network for mental health and well-being," according to Time Magazine. "Especially for sleep quality, bullying, body image and FOMO. These feelings can promote a compare and despair attitude."

Some women have discovered the downfall of Instagram. They have learned the negative effect social media has on their self-esteem.

"It became my only way to feel like I was good enough," said Instagram model with 70,000 followers, Baylynne Williford on mic.com. "I would airbrush my photos to look perfect, because I felt like someone might point out anything wrong and comment negatively."

Former Instagram model with 105,000 followers, Stina Sanders, did an experiment with The Daily Mail to post photos that were not glamorous but realistic. Sanders lost 5,000 followers and the experiment highlighted social media's negative effect to strive for perfection.

"It's only human nature to compare yourself to others, but this is why social media is poisonous," Sanders said.

E-mail Solomon Smith at *opinion@lavalleystar.com*
Send general comments to *valleystar@lavalleystar.com*

EDITORS NOTE

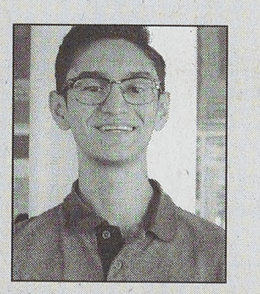
The views expressed on this page are solely those of the writer and do not necessarily reflect those of the Valley Star, its instructors, editors, staff or those of Los Angeles Valley College, its administration, faculty, staff or students.

VALLEY VIEW | HOW HAVE SOCIAL MEDIA INFLUENCERS AFFECTED SELF-ESTEEM?

TEXT BY ERICK LOPEZ AND PHOTOS BY MIA GUZMAN

"Since our society depends on social media, they have a bigger impact over self-esteem. It's different for everybody."
- ESTHER OROBIYI BLACK HAIR W BLACK LONG SLEEVE SHIRT

"It depends on the person, on what they say influences the viewer."
- BRYAN REYES BLACK JACKET W WHITE STRIPES



"The opinions of the individual reflects on the person's self-esteem."
- JORDAN AVILES TURQUOIS SHIRT, GLASSES

"Social media isn't a positive thing. You are not considered pretty if you don't have a certain complextion."
- LIA PENA BLACK HAIR, NAVY BLUE SHIRT

"There is a trickle-down effect, people end up not being original."
- AVERY JONES BLACK HAT GREY SHIRT

GOT A LETTER TO THE EDITOR?

Letters to the editor can be sent to: editor@lavalleystar.com or submitted online at www.lavalleystar.com. Letters must be limited to 300 words and may be edited for content. Full name and contact information must be supplied in order for letters to be printed. Send by Thursday for the following week's issue.

OPINION

Helping Hands reaches out to troubled student

Faculty, staff, the Valley sheriff's department and Helping Hands reached out to help a student living on the streets.

SOLOMON SMITH
EDITOR-IN-CHIEF

A student was reported arrested for sleeping on campus last month but that was only the beginning of a longer, sadder story.

The story starts with an entry in the Valley Sheriff Offices' crime blotter, showing the arrest of a student sleeping on campus and ends with a community coming together to help a troubled student. Some of the specifics and names have been altered or change to protect the identity of the student.

"We are always looking for something more we can do for the students"
- Hector

Helping Hands is a program that was brought together by volunteers, who work at Valley in association with several offices on campus. Their goal--help homeless students on campus in any way they can. The program has provided many different types of aid: assistance in finding housing, food pantries, drives to help purchase books, job placement, the list goes on. All of these and more were available to one student Tracy, who is vibrant, friendly and troubled.

THE CHRISTIAN SCIENCE MONITOR / STORY HINCKLEY

FOOD PANTRY - Members of Helping Hands stock up cans and donated foods

"This specific student is not part of the program, and I was told what was going on from upstairs," said Emily. "I was in a meeting with few people to tell me hey the student needs help, are there any resources for them, I said absolutely."

Tracy was helped by individuals who felt it was the right thing to do. They consistently used their own time and resources with the hope that each part added up to more stability for Tracy. Faculty and staff secured a job on campus for Tracy, but the student did not show up and was fired. At the time of Tracy's arrest, Tracy had received several warnings about sleeping on campus, according to officials.

The campus sheriff's office also tried to help by going to Helping Hands. They wanted to find an alternative to jail for Tracy and one faculty member was able to help.

"They showed up here one morning and they said they don't want to arrest this student. They held off the arrest and I tried to find housing. I did find housing," said Emily.

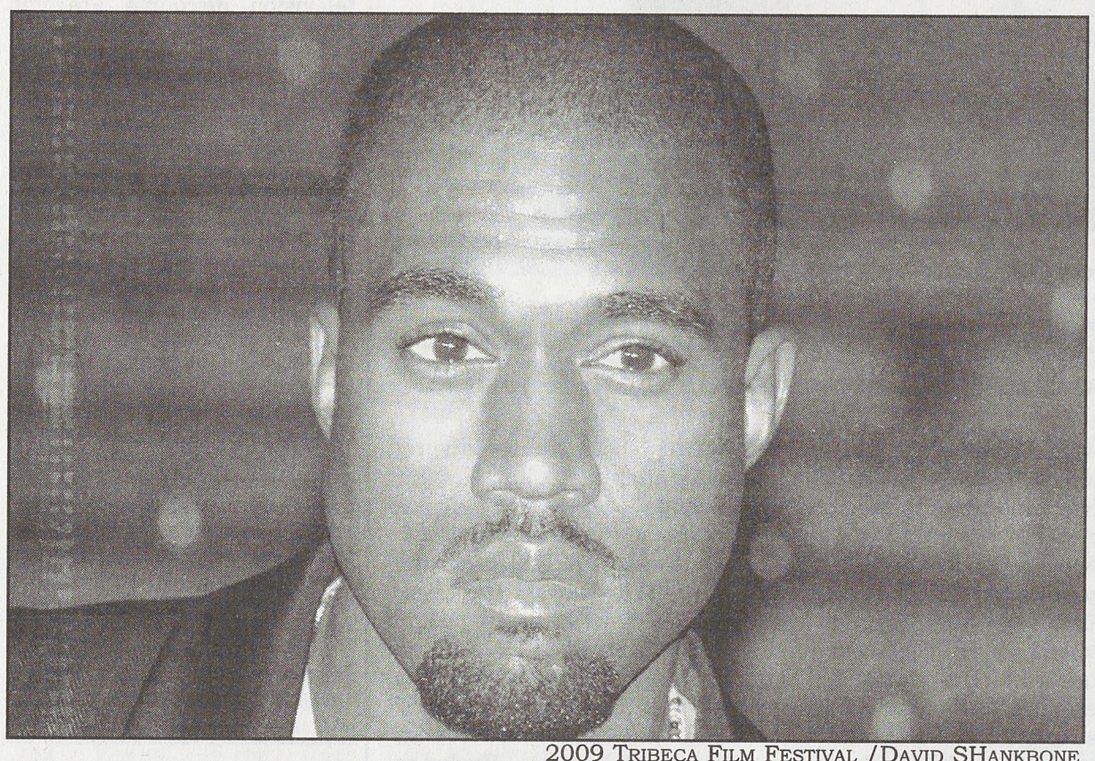
The student was given the information and contacts needed to find a place to sleep out of the storm and bad weather that was occurring at the time. The effort of the volunteers, faculty and staff in this case, unfortunately was turned down.

"She refused [help]. I asked her what her plan was, and she said she was going to remain on the streets," said Emily.

Ultimately, this story is about more than just one student or the efforts that went into helping them. This story is about how a community came together gathered its resources and tried to help someone find their way. As it stands today the staff, faculty, and students involved in Helping Hands and its related programs remain undaunted in their efforts to aid students even when it does not work out as planned.

"We are always looking for something more we can do for the students and how we can improve it," said Hector, a faculty member and avid supporter of the Helping Hands Project.

This was not a failure of the school or its policies, but a tragedy of the homelessness in Los Angeles that is still in the process of being averted.



2009 TRIBECA FILM FESTIVAL /DAVID SHANKBONE

WEST POSES- Kanye West attends the Tribeca Film Festival as a guest.

How could you be so heartless, Kanye?

Kanye's remarks have no basis in fact and he should be ashamed.

SAVANNAH SIMMONS
STAFF WRITER

Whether the remarks Kanye West has made are because he wants publicity, craves attention, or has untreated mental illness, what he's saying is just irrational.

Kanye West, a popular rap artist known for his hits like "Gold Digger" and "Famous," returned to Twitter with some rather interesting posts. Some were funny and others did not make sense. However, after appearing on TMZ, he explained that he was a "free thinker" with a comment that caused outrage.

"When you hear about slavery for 400 years, for 400 years," said West at the TMZ headquarters. "That sounds like a choice."

This is when anyone with some kind of moral conscious had to stop to figure out if this was a joke. It wasn't. Kanye went on to explain that he is "free thinking" but is that free thinking? As a black man in America, he should be lifting his community, rather than saying his own ancestors chose to be chained and sent to work in fields against their wills.

"When I said slavery was a choice, I meant we can make our own reality," Kanye said.

Why doesn't Kanye do just that then? Nothing he is doing is actively creating change. On Twitter, he posted a picture of teen activist, Emma Gonzalez, who fights for gun control after the shooting at Douglas High School in February. His caption was "my hero Emma Gonzalez," but the rapper has done nothing to draw attention to the important matter of gun control.

The "free-thinking" attitude would be more accepted if he never so wildly said something as ignorant as "slavery was a choice." If he has a bigger plan, he should put it into action instead of attracting the wrong attention. The only big plans he seems to have or talk about are about his clothing brand, and what could that possibly be doing for anyone?

"Kanye West must have some power, because you probably saw, I doubled my African-American poll numbers," said President Trump during an NRA speech. "We went from 11 to 22 in one week, thank you, Kanye."

Trump is someone that everyone knows to speak his mind so him commenting and being on, what seems like, the same wave as Kanye says enough. Kanye praises what he likes about Trump instead of calling him out on the things he doesn't agree with. Ignoring the bad and highlighting what, he thinks, is good to someone like Trump who thrives off of the praise, boosts his ego and gives Trump's supporters the thumbs up.

Kanye was hospitalized for stress and exhaustion back in November of 2016 but in his TMZ interview he mentioned that he was addicted to opioids after getting liposuction. He explained that the last time he had out of the ordinary tweets he was on opioids but then deleted them because he was "drugged the **** out, bro". This new era of tweets are not the same though as he is not fully on medication anymore which may be a different reason for his outbursts.

"Y'all have me scared of myself, of my vision," said West after explaining why he does not take all of the medications he was prescribed after getting out of the hospital.

Kanye has a lot to say and if he believes himself to be a "free thinker" with a "bigger plan" he needs to be active in change because as of now there is none coming from him.

People of color have no safe spaces

With an abundance of walkouts we need more effort to actually make a change.

SOLOMON SMITH
EDITOR-IN-CHIEF

Americans are surprised about the recent spate of people of color in public spaces being accosted by white law-abiding citizens calling the police on hapless African American citizens for the crime of existing in public.

Starbucks recently had two black men arrested for doing what every person in Starbucks is doing—waiting to meet someone; black graduate students at Yale were harassed by police when a disturbed young white woman called the police on them, in at least two different incidents, according to the Washington Post. [need clarification: did this behavior happen on 2 separate incidents, both at a Starbucks, both to 2 different guys? This paragraph is a bit confusing; needs editing.]

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When a white person threatens to call the police on a person of color for some innocuous behavior they know exactly what they are doing. Many of these police calls begin as arguments with the white caller objecting to the person of color doing something everyone else is doing in a shared space. As a "law-abiding citizen" they call the police and confront the non-white patron. At the end of the day it is more than just a police call and being inconvenienced for minorities, it is a hurtful action that has a deeper, more insidious reasoning behind it. Many white Americans know there is a problem with race and the police in this country and these "citizens" are using that power.

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Driving while black, napping while black, moving while black, shopping while black, are not crimes but a phone call from an angry white citizen[-made to the police] can make them so.

Perhaps when Trump supporters are referring to a better time in American history with "make America great again," this is what they mean.

REUTERS / MELISSA DEPINO

HARRASSMENT- People of color are constantly threatened with having the police called on them in retaliation.

VALLEY LIFE

BOYSCOUT GOVERNMENT | PUBLIC DOMAIN

Scouts drop boys from its title, welcomes girls to club

The Scouts include girls as they drop the word "boy."

JESSICA AVA LANGE
STAFF WRITER

Boy Scouts of America drop the word "boy" from flagship program allowing girls to participate and opinions drastically vary as the Scouts enter a nationwide culture war.

The Boy Scouts, which includes kids from 10 to 17 becomes "Scouts BSA" starting February and accepts girls to join in an effort to become less gender specific. Boys and girls will be held to the same standards and they will earn pins and merit badges regardless of gender. In 2019, the Scouts will allow teenage girls to earn the rank of Eagle Scout.

This is not the first time the Scouts have entered controversy. Last year, the Scouts began to allow girls who identify as boys participate. In 2013, the organization admitted openly gay scouts and in 2015 it ended a prohibition on openly gay Scout leaders.

A few days after the Scouts announced its name change the Mormon Church ended their 105-year partnership. The Church of Jesus Christ of Latter-day Saints opposes same-sex marriage, teaches that homosexuals are immoral and does not allow openly gay men or women hold church leadership roles. The Mormon Church has distinct separate leadership roles for men and women.

Mormons make up 20 percent of 2.3 million Scouts and the change will affect hundreds of thousands of Mormon boys. Boys in the Mormon Church automatically became part of the Boy Scouts.

"One of every five Boy Scouts in the United States is Mormon and all Mormon boys were expected to participate in scouting," according to the New York Times.

The Scouts membership has plummeted. The Scouts membership peaked in 1972 at 6.5 million members. By 2012, that number had dropped to 2.8 million members. The Scouts lost 425,000 boys since the name change announcement one week ago.

Virginia store clerk used anti-gay slurs after turning down a Boy Scout and his father asking for Eagle Scout donations on Friday according to the Washington Post.

"You know they let homos in right [referring to the Boy Scouts]," said store clerk Carlyn Hamilton. "We do not support homos around here."

Scouts Canada has been co-ed since 1993 and the organization divides programs by participant age.

"That's one thing I take away from this organization, that as a girl, I don't want to be seen as different," said Scouts Canada member, Kaitlyn Patterson. " I wanted to be able to accomplish the same as my peers."

Valley honors new members to Hall of Fame

Valley College will celebrate a star-studded lineup of 13 new inductees into its Hall of Fame Class of 2018.

VICENTE VITELA
STAFF WRITER

Twelve alumni and one former team will take to the podium and receive their induction into the 2018 Valley College Hall of Fame on June 30 at 5p.m. in the Monarch Hall to commemorate their contributions to the school's athletic history.

Monarch's baseball alumni Eddie Baeza will trot to the hall of fame, after being the Southern California Player of the year, and the Western State conference player of the year in 2005. The Arizona Diamondbacks, drafted Baeza, who would reach the double A level.

John Becker, Valley football coach from 1974-1976, will also be inducted this year after ending a 24 game losing streak, and earning his 1975 team a national ranking after winning the Shrine Potato Bowl . After becoming the offensive coordinator for the Oregon Ducks, Becker would go on to be on the coaching staff for the Eagles, Bills, Colts, and Seahawks.

Recently deceased Angelo Cimity, who passed last year after serving as the Monarch's athletic trainer for over 30 plus years, will be celebrated with a Hall of Fame induction. Cimity was also a member of the Hall of Fame committee and co-chairman of the new Monarch Athletic Center Construction Project.

With five decades of service to the Monarch Athletic and Kinesiology department Gary Honijo who has been at Valley College since 1974 is being honored with a hall of fame nod. Honijo saw some of his athletes reach the heights of All-State and All-American and has been recognized three times as Coach of the Year.

Doug Michelson who served as either the head coach of the Men's and Women's basketball team from 1991-2003, will also join the 2018 Hall of Fame class. During Michelson's first stint as the Lady Monarch's basketball coach, the team racked up six conference championships, two state semifinal appearances, and two state championship games. For the men's team, he led the team to finish first or second in the conference for nine consecutive years, while averaging more than 25 wins per season.

Valley no longer has a track program but during 1982-1983, Sue Patterson-McDonald was the team. McDonald was a state runner up in the high jump, and was a three-time NCAA All-American competing in hurdles, heptathlon, and relays. After college, she would go on to set the women's masters world record in pole vault at 11'7". McDonald has earned her place in the 2018 LAVC Hall of Fame.

Jack Steptoe was a standout Monarch wide receiver and was on the 1975 nationally ranked team. After transferring to the University of Utah, he would then go on to the NFL playing for the 49'ers, Bears, Eagles, Redskins, and Chargers. After a brief stint, in the Canadian football league Steptoe would go on to be the current head football coach for College of the Desert and can now add LAVC Hall of Famer to his long list of credentials.

In 1966, the Monarch's had one of the best swim teams, up to that point, and now the entire team will dive their way into the Hall of Fame. The team will enter the Hall of Fame with three national junior college records, and three state records to the team's credit.

STOCK PHOTO | PROVIDED BY DALE BECK

HALL OF FAME- Sue Patterson-McDonald is one of the 12 inductees into the 2018 Valley College Hall of Fame.

Steward returns home and shines for Monarchs

Lady Monarch Steward has had a knowledgeable path on her way to great season.

VALLEY STAR | SEBASTIAN MINO-BUCHELI

BASEBALL FIELD - Sabrina Steward tags opposing player headed to second base

VICENTE VITELA
STAFF WRITER

Valley College Monarch's make a name for themselves as Sabrina Steward ranks in the top 15 for slugging and triples.

A local valley product, born and raised right here in Burbank, Steward's first encounter with the sport happened while growing up watching her older brother play, while being coached by their dad. It wasn't until around eight years old where she started playing softball.

"My childhood was basically going to my brother's games and my dad coached so if I wasn't watching my brother I was with my dad at his games," Steward said.

After continuing to grow as a softball player, Steward would join various elite travel softball teams, with her longest stint with a team being the Riverside Dynasty. Her playing career would continue to develop at Burbank High School, which is where to this point her greatest moment as a softball player would occur. The moment came in a CIF playoff qualifier in which Steward would hit the game winning homerun and advance her team to the playoffs.

"I've always had a confidence problem."

"During high school is when I started to play and take this game even more seriously," Steward, said.

Steward's abilities on the field and in the classroom were good enough to earn her a scholarship to play for the small college of Thomas University in Georgia. After playing there for a year, she decided to play a lot closer to home, and after some convincing by her friends, she decided to play here for the Lady Monarchs where she was one of the key contributors to the team. Steward can credit the current coaches here at Valley College as the ones who have helped improve her game the most.

"They all played in college and they're close in age, so they can relate to how intense the game is and help point out personally what we need to work on," said Steward of Valley's coaching staff.

While majoring in Kinesiology, she hopes to transfer and continue her softball career somewhere in California. Once Stewards playing days are over, she plans to giving back to the sport by giving hitting and fielding lessons while also helping out a Burbank based travel team called the Cadets.

"I've always had a confidence problem so that would be my goal to just learn to stay out of my head and keep my confidence," said Steward on what goals she still wants to achieve in the sport.

IMPORTANT DATES

May 30, 2018

Computer Science Industry Career Panel- CTC will be hosting a panel of professionals in computer science at the Campus Center Fireside Room from 1p.m. to 2:30p.m.

ON CAMPUS

May 24

Music 250 Performance Workshop Concert- A concert by students with a mixture of vocal and instrumental performances of mostly classical repertoire. Starting at 11:20a.m. in the Music Recital Hall room 106.

These features and more can be found in full @ www.thevalleystar.com

May 29, 2018

Commercial Voice Showcase- Students will preform American Jazz Standards, Latin Jazz Standards, Academy Nominated songs and a variety of other popular material. Starting at 8p.m. at the Music Recital Hall 106.

VALLEY LIFE

Shots from the Archives

From the desk of the Photo Editor

As we close out the Spring Semester here's a look back at our photographers' best photos from previous issues.

By Sebastian Mino-Bucheli, Photo Editor

The title of Photo Editor comes with great responsibility. The job is to assign photographers work to cover, select the best photo from a selection out of hundreds of or more photos and edit. The photos must be objective, visually appealing and be able to tell a story on their own.

To publish five or six issues bi-weekly a semester means that some photos don't make the cut. The selection of photos presented here by our staff photographers this semester is meant to showcase their work. They're ambitious, proud and full of grit.

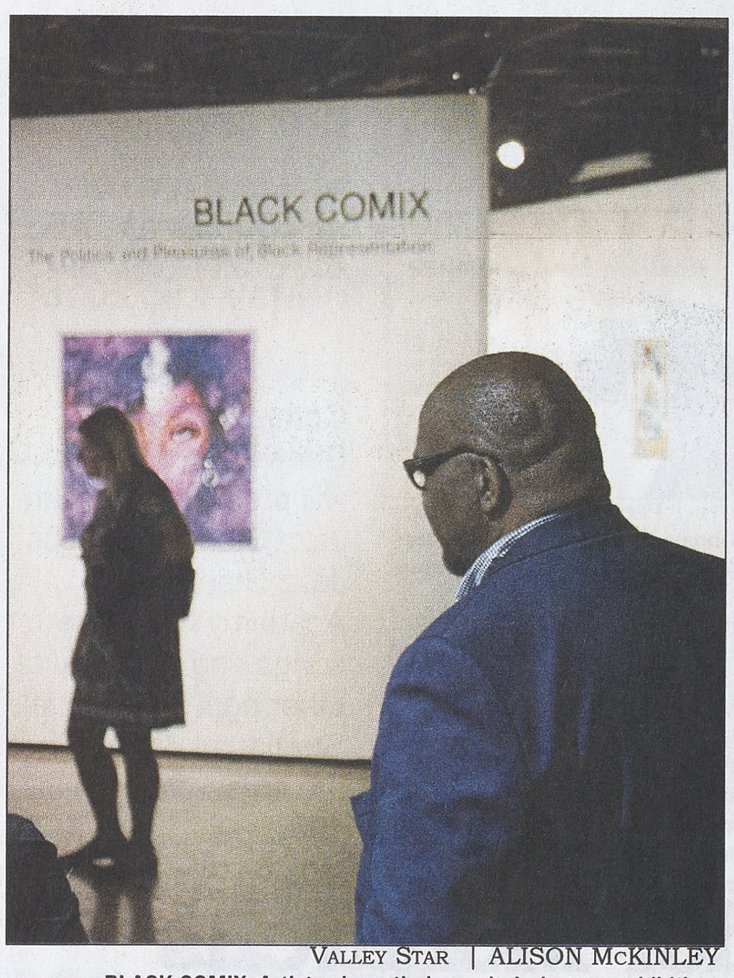
I've been a Photo Editor here at the Valley Star since Fall 2017 and I'm proud to be able to serve the paper and the school. I'll be transferring to to San Francisco State University to continue my studies in Photojournalism, so here is where I end my tenure as Photo Editor.

VALLEY STAR | SEBASTIAN MINO-BUCHELI

BOXING- Fall 2017 semester, exhibition boxing match.

VALLEY STAR | SEBASTIAN MINO-BUCHELI

WRECKED- An R.V. burned down in fron of valley last fall semester.



VALLEY STAR | ALISON MCKINLEY

BLACK COMIX- Artists share their work during an exhibition.

VALLEY STAR | ALISON MCKINLEY

PITCHER- A Monarch throws to the infield.

VALLEY STAR | MIA GUZMAN

LADY MONARCHS- Farrah Castillo dribles the ball down the court

VALLEY STAR | MIA GUZMAN

BASKETBALL COURT - Monarch player, Erick Pereza dribbles to net

VALLEY STAR | APET SUKIASYAN

BASEBALL FIELD - Monarch hitter, Josh Meza hits the ball to second

VALLEY STAR | SOLOMON SMITH

PRACTICE DRILL- Firefighters practice on Monarch parking lot.